The First-Night Checklist

From landing to lights out, for women travelling solo. Free from Solo Female Safety.

Before you fly

- [ ] First night booked; I know the address in the local language
- [ ] I know how I'll get there, and my backup plan
- [ ] eSIM installed or data plan sorted
- [ ] Offline map downloaded
- [ ] Saved: emergency number, accommodation, insurer, embassy
- [ ] One trusted person knows my flight and where I'm staying

In the terminal

- [ ] Five minutes sitting down: connect, check map, message home
- [ ] Passport and cards zipped away; phone and address to hand
- [ ] Ride booked from inside, or official rank only
- [ ] "No thanks" to anyone offering a taxi in the hall

Getting in the car

- [ ] Plate, car and driver match before I open the door
- [ ] I ask "Who are you here for?" rather than giving my name
- [ ] Sitting in the back; trip shared; following on my own map

At reception

- [ ] Room number written down, not said out loud
- [ ] Noticed the stairs and fire exits on the way up

The five-minute room check

- [ ] Door closes and latches; deadbolt and latch work
- [ ] Peephole OK (or covered)
- [ ] Windows, balcony and connecting doors locked
- [ ] Quick look in the wardrobe and bathroom
- [ ] Evacuation route read; stairs counted

Lights out

- [ ] Door wedge or travel lock in place (if I've brought one)
- [ ] Shoes, phone, key card and torch where I can find them in the dark
- [ ] Phone charging
- [ ] "Arrived safely" message sent

Want the full plan for your first 72 hours?
The Readiness Suite covers arrival, your room, getting around, what to say when someone won't take no, and what to do if things go wrong.
solofemalesafety.com/toolkits

General information to help you plan your own travel; not medical, legal or security advice. In an emergency, contact local emergency services. © 2026 Solo Female Safety · claire@solofemalesafety.com